

Congress Spring

CONGRESS

SPRING

WATER.



Congress Spring Co.,

SARATOGA SPRINGS, N. Y.

1885.



CONGRESS SPRING PAVILION.

ERECTED. 1876.

Congress Spring Water.

SARATOGA SPRINGS, N. Y.

ITS MEDICINAL CHARACTER AND USE

—IN—

Preventing Disease and Preserving Health,

WITH ARTICLES BY

MEREDITH CLYMER, M.D.,

Ex-Professor of Practice of Medicine in the University of New
York, Etc.,

W. G. ALLING, M.D.,

Ex-President of the New Haven Medical Society, New Haven,
Conn.,

ALEXANDER B. MOTT, M.D.,

Professor of Surgery Bellevue Hospital Medical College,
New York, and

THOMAS LEGARE, M.D.,

Charleston, S. C.

CONGRESS SPRING CO.,

SARATOGA SPRINGS, N. Y.



Congress Water,

THE STANDARD MINERAL WATER.

Pronounced by Physicians and Connoisseurs the purest and most Medicinal Mineral Water known.

CATHARTIC AND ALTERATIVE.

Is a specific for Dyspepsia in all its forms. Indigestion, Constipation, chronic or recent, inactive condition of the Liver and Kidneys, Malaria, Eczema and all impurities of the blood, and is a powerful preventive of Bilious Fevers, and regulator of the digestive functions.

Congress Water is put up in clear, green glass bottles *only*, with the letter **C** raised on each bottle, and **CONGRESS SPRING CO.** branded on the cork.

Address:

Congress Spring Company,

Saratoga Springs, N. Y.

Congress Spring Water.

Inexperienced drinkers of Saratoga waters in recent years, have often suffered serious injuries produced by the use of spring waters containing a large amount of *iron*, hidden by disingeniously devised processes. They are the victims of deception, being misled into using for *cathartic* purposes, waters that are dangerous.

The waters of Congress Spring, after near a century of trial, are obnoxious to no such charge—it remains the same as when it first acquired its reputation as the best of natural *cathartic* and alterative waters, and made Saratoga famous as a health resort.

To-day, throughout the world, this water may be procured in green glass bottles only, as pure and natural as it flows from the cleft rock at its base.

There are springs in Saratoga whose waters are placed upon the market and sold on the reputation of Congress Spring; claiming its virtues without possessing them, and which are obnoxious to the objections above made. That the public may not be injured by such means and with no desire to injure the owners of Hathorn Spring, or even to hint that in some cases the water of that Spring may not act favorably, we have endeavored to compel them to publish an *authentic*

analysis of its waters, so that persons injured by its use from the symptoms, may look back to the cause and not be left in doubt as to what waters caused their suffering.

The Hathorn water in its effect contradicts its two published analyses of 1869 and 1884, as fully as they do *each* other, and faith is in no way restored by the suspicious manner the analysis was procured. Many parties have charged that the effects of Hathorn water upon them has been contrary to what the ingredients as published, ought to have produced, and that evil results were produced when good was expected. That they could not use that water without producing dangerous symptoms ; and with this firmly believed by us, ought we not to say it *pro bono publico* ; and ought we not to say it to protect ourselves, *particularly* when unadvised people visiting Saratoga, and on the same day drink of Congress and Hathorn waters, and are necessarily unable to determine which is injuring them.

Dr. W. G. Alling, of New Haven, Conn., like several other physicians, accepting as trustworthy the analysis, cards, pamphlets, etc., put forth by the managers of Hathorn Spring, prescribed that water for some patients of his in 1881, who were more or less injured (one of whom severely so) by the use of that water. This experience led him to investigate its character, and he found no difficulty in classing it as a *saline iron* water which, had he known its *true* character, he would not have administered. This result he published in the *Medical Record* of March 8, 1884.

To meet this exposure, the managers of the Hathorn Spring, in June, 1884, put forth a *new* analysis, made of water prepared by themselves and shipped to the chemist at different times and in different quantities, which diminished the offending *iron* and gross cathartic salts mainly over **106** grains, while it increased the valuable *salts* in which it was heretofore, and is *still*, so deficient, over **38** grains.

In stating these facts, we do not intend to implicate the learned chemist, who did not procure the waters himself (as he should) at the spring—who did not know how much fresh water was added to diminish the proportionate amount of the offending *iron* and gross salts to the water, or how much of the valuable *salts* were added before closing the bottles sent him.

A single fact will show that the Hathorns themselves do not believe in their analysis of 1884, for while it is pretended that it (the last analysis) shows a diminution of the offending *iron* and gross cathartic salts of over **106** grains per gallon, yet they *publish* and *prescribe* over one-third *less* of the water for the morning dose than under their old, or former analysis of 1869.

Since the expose by Dr. Alling and the revised analysis, the managers have found it convenient to compromise an honorable profession by employing a *private* physician to stand guard over their spring and *prescribe the use of its waters from an analysis that is bogus and deceptive*, and this is done under the *pretence* of pursuing the European idea, where the government, to *prevent imposture*, appoints its own chemist to make the analysis, and its own physician

to prescribe the waters. Here, the Hathorns practically make their own analysis and appoint their own physician to prescribe from it.

The Congress Spring would hail with delight the obtaining of the European idea here, as it would end *making merchandise of the public health for private gain in Saratoga.*

"For several years I had, in common with a great many other physicians of this vicinity, been in the habit of prescribing, as occasion required, the cathartic waters of Saratoga Springs, almost always ordering the Hathorn water. Having frequently seen considerable intestinal irritation following its use, I decided three years ago to visit Saratoga, partially for my own health, but principally for the sake of studying the effects of the cathartic and alterative waters."

Thus wrote W. G. Alling, M. D., ex-president of the New Haven Medical Society, and who has been, since his graduation at Yale Medical College, a thorough, honest investigator, and a disinterested scientific inquirer after the truth, taking nothing for fact except that which is proved, continued his observations upon the effects of Saratoga Mineral Waters, until they ripened into the conclusions so fairly expressed in the appended article.

"Congress Water is sold in green glass bottles only."

BOTTLE "C" MARK.

[From Medical Record, March 8, 1884.]

SOME OBSERVATIONS ON THE SALINE CATHARTIC WATERS OF SARATOGA,

WITH THE INDICATIONS AND CONTRAINDICATIONS
FOR THEIR USE.*

BY W. G. ALLING, M. D., NEW HAVEN, CONN.

MINERAL spring waters have been known and acknowledged as efficient remedies in the treatment of disease from the earliest ages. So popular is the confidence reposed in their healing power, that not a spring of any value is discovered which does not gain at least a local reputation. Mineral waters ranked high among the ancient remedies used for the cure of disease, and the universal favor in which they are now held by all civilized people sufficiently demonstrates that their reputation is thoroughly established. With the modern nations of civilized Europe, mineral waters have always been held in high estimation. Karlsbad Spring has been known and patronized, as a health resort, for more than five hundred years, and has a world-wide fame. In 1880 there were three hundred and ninety-four Americans recorded as being under medical treatment at Karlsbad Springs.

The most eminent English and European physicians prescribe a course of mineral water for their patients very frequently, while the physicians of this country do

* Read before the New Haven Medical Society, Dec. 3, 1883.

so very rarely. My observations lead me to believe that a more frequent resort to this class of therapeutic agents by the profession would prove of great benefit in the treatment of a large class of chronic diseases.

That eminent French physician, Trousseau, devoted much time to writing on this subject, and throughout his clinical work, as well as the able work of Prof. Niemeyer, mineral waters are assigned an important place in the treatment of many chronic diseases.

Although mineral waters have been favorite remedial agents with the enlightened nations of the earth for many centuries, it was not until 1670 that they were first fully analyzed. A correct chemical analysis of mineral waters is always of great importance, this only enabling the physician to form correct general views relative to the nature and powers of the remedy. It must be conceded that an analysis, however correct, will not always indicate the disease to which the water is applicable; still, in the majority of instances, it forms an exceedingly valuable guide, and one which cannot be overlooked.

The number of reputable mineral springs of the world is very large, the springs of Europe numbering about four thousand, three hundred and fifty, France alone containing nearly seven hundred. But in no other country, probably, do mineral waters abound in greater variety than in the United States, the number of well-known springs being about six hundred. It is a subject of sincere regret that their nature, applicability and proper methods of administration should have been so little studied by physicians at large.

Of the large number of mineral springs in this country, undoubtedly those of Saratoga are the most famous, some of them having a world-wide reputation, as the old "Congress Spring," which was discovered in 1792. This, without doubt, is one of the best and *safest saline cathartic waters* ever discovered either in this country or Europe. Saratoga owes its wonderful growth and popularity largely to the recognized medicinal merit of Congress Spring water. The advantageous combinations of its salts, and its almost entire *freedom from iron*, should give it the well-merited preference it has attained as a cathartic water. Its action is prompt and pleasant, without producing debility or *intestinal irritation*, and it certainly is strong enough for daily use, but not so strong as to produce a reaction.

Professor Chandler, who has analyzed nearly all of the spring waters of Saratoga, including Congress Spring, says: "In submitting my analysis, I take pleasure in saying that a comparison of the same with the analysis by Dr. Steele in 1832, proves that the Congress water still retains its original strength and all the virtues which establish its well-merited reputation. Its superior excellence is due to the fact that it contains, in the most desirable proportions, those substances which produce its agreeable flavor and satisfactory medicinal effects, neither holding them in excess nor lacking any constituent to be desired in this class of waters."

Congress Spring water contains much the largest amount of bromine of any spring in Saratoga, and it also contains a considerable amount of iodine, placing

it in the class of iodo-bromuretted waters, of which very few are known.

Besides the Congress there are five other springs in Saratoga classed as cathartic or saline laxative waters.*

The Excelsior and Union Springs were discovered in 1814, but were not tubed till 1859 and 1868, respectively. The water from these springs will be found a mild, but pleasant laxative. My observations of their effects lead me to believe that they will be found more useful where *an alterative and diuretic effect is indicated than as a cathartic.*

[Dr. Stillman, in his guide to the use of Saratoga Mineral Waters, says: "In chronic congestion of the brain (*fullness of head, head pthoria*) or cord, or their meninges (covering membranes), attended with constipation, the cathartic waters are often of immediate service. They relieve the blood pressure, by draining off the superabundant serum (liquid portion) of the blood, without sacrificing its more vital elements, or exerting an irritating, heat-evolving influence. *In these conditions of the head or spine, the iron waters are to be strictly avoided.*"

In treating the above serious disorders (*cerebro-spinal affections*), Dr. Stillman will see the error of his classing the Congress, Hemen and Excelsior Springs under one head as saline cathartic waters, the two last named springs being very strongly impregnated with iron. Dr. Alling, after considerable experience with Hathorn water, says: "This spring should be classed as a saline chalybeate water, and only prescribed as such." The Excelsior Spring is strictly a chalybeate spring, and was so regarded by A. R. Lawrence, one of its former owners, who invented a process to hold its iron in solution, which he patented Nov. 6, 1868.]

Hathorn Spring was accidentally discovered in 1868, while digging for the foundation of a building, and rapidly sprang into favor, probably owing more to accidental circumstances than to any well-considered medicinal qualities; in fact, before its true chemical composition and medicinal action was known.

*Saratoga Mineral Waters, by Dr. W. O. Stillman.

Hathorn Spring is the strongest natural spring yet discovered in this country.* *The strongest mineral waters, like the strongest medicines, have their sphere of usefulness in the treatment of certain diseases, and often prove of immediate benefit; but that they are capable of doing irreparable injury is well-known by all physicians who are familiar with their action. My observations of the effects of Hathorn Spring water have been that many cases of severe stomach and intestinal irritations are caused by any freedom in its use.*

Serious treatment by an active, complicated agent, such as this water is, demands constant medical supervision by an experienced physician, who thoroughly understands its *present chemical composition*. Since this water was analyzed by Professor Chandler, in 1869, the spring has been re-dug and re-tubed, changing its depth and the lower end of tube several feet in a lateral direction. Recent tests seem to show quite a change in its chemical composition, especially in the amount of iron which it is now shown to contain.

By published analysis this spring contains much the largest amount of iron of any of the springs classed as cathartic waters. This fact seriously challenges its safety when prescribed or used freely, or indiscriminately, as it so often has been. An eminent physician says: "One grain of iron in mineral water, in combination with carbonic acid gas, is more potent than twenty grains of the Pharmacopœia."

[After the re-digging of Hathorn Spring, which was subsequent to the printed analysis of Prof. Chandler, and about the time certain of our Saratoga iron springs were put forth as cathartic waters, in conversation with Prof. Chandler, he promised to furnish us with proper reagents to test and determine the relative amount of iron contained in mineral waters, which he afterward did, bringing to us the reagents prepared by him. The first test was made by him in our presence, upon three springs, with the following result: Congress Spring water contained a trace of iron; the Columbian Spring, a very marked amount; and the Hathorn Spring still more than the Columbian; the relative amount being indicated by the different degrees of intensity of shade produced by the treatment.]

Treating the waters ourselves by the same reagents, and as instructed by Prof. Chandler, we repeatedly found the same indications.

The Columbian is confessedly a strong chalybeate iron spring, against the use of which, in larger quantities than one-half a glass at a time, we, by card over the spring, caution the public.]

TROUSEAU SAYS: "We long regarded iron as a harmless agent, which it was not easy to abuse; now that we have grown a little old in practice, we declare that *we have repeatedly seen patients whose death seemed to us the untimely use of strong iron waters.*"

[A consciousness of this fact may account for the use of powerful acids in the bottling of iron waters, so as to prevent the precipitation of iron, which will form a sediment visible to any one, and warn the observer of the danger of its use.]

To prevent this precipitation of iron, letters patent No. 59,418 were secured.

If, in the management and sale of such waters, the honesty observed by reputable commercial men obtained, the necessity for apology, so frequent in our Saratoga papers, and the extraordinary discussions lately indulged in as to whether the deaths of the late Gen. Burt, W. M. Wadley, Pres. of the Georgia Central R. R., and Rev. P. F. O'Neal, of Phila., were attributable to the use of Saratoga cathartic *iron* waters, would be avoided.]

RINGER REMARKS: "There are individual peculiarities in respect of iron. Some persons cannot take it in any form, not even a single dose of weak ferruginous water. The digestive organs of some patients are easily upset by it."

When iron is present in quantities of a grain or more

to the gallon, the spring is called a chalybeate.* This spring, therefore, should be considered and classed as a saline, chalybeate water, and should only be prescribed for those diseases to which this class of waters is applicable.

The Geyser and Champion Spouting Springs are located about one and one-half miles south of Congress Spring, and were brought into existence and notice during 1870 and 1871, by boring through solid rock. The Geyser has a bore five and one-half inches in diameter, one hundred and thirty-two feet in depth. The Champion has a tube two inches in diameter, and is three hundred feet deep. So great is the evolution of carbonic acid gas that the water spouts through a two-inch nozzle to the height of eighty or one hundred feet.

The waters from these springs resemble each other very closely in chemical composition, the Champion being the stronger of the two. They are, therefore, therapeutically indicated in essentially the same class of diseases. The mineral impregnation of these waters is very great, so much so, that rapid incrustation of lime occurs on whatever is placed within reach of their spray.

In all of the Saratoga waters the principal constituents are chloride of sodium, the alkaline carbonates, and carbonic acid gas. Chloride of sodium is one of the most important elements in all organic substances. It is contained in large quantities in all tissues and liquids of the human system. When introduced into

the stomach, it excites the secretions of gastric juice and favors peristaltic action, and when taken in considerable quantities is distinctly aperient. It seems quite certain that a considerable quantity of chloride of sodium taken into the circulation increases the excretion of nitrogenous products, accelerating the transformation of tissue.

In speaking of the uses of the saline cathartic waters of Saratoga, I shall confine my remarks to a few observations (of a general character only) on their medicinal application in the treatment of disease. Special directions can only be given with safety to the patient from a careful investigation of the particular symptoms and character of each individual case. The necessity and benefits to be derived from an occasional cathartic to most persons, few will deny. The most satisfactory results constantly follow this cleansing process. The advantages in such purgation in aiding the operations of the intellectual and imaginative faculties, is perhaps not known or admitted; yet we have no less considerable authority than that of Dryden and of Byron on this point. Dryden says: "When I have a grand design, I ever take physic; for when you would have pure swiftness of thought, and fiery flights of fancy, you must have a care of the pensive part, in fine, you must purge the belly." And Lord Byron observes: "The thing that gives me the highest spirits (it seems absurd, but true) is a dose of salts; but one can't take them like champagne." And we have far more ancient testimony to the same effect. We are told that Carneades, one of the most famous disputants of antiquity,

was accustomed to take a copious dose of white hellebore, a great aperient, as a preparation to refute the dogmas of the Stoics.*

Saline cathartic or laxative waters increase the appetite and improve the digestion. After absorption we get increased activity of the secreting organs, by which these salts are eliminated from the blood, as well as increased activity in the gastro-intestinal glands, by which the digestive fluids are secreted, and in this way they act as stimulants to digestion, the peristaltic action of the stomach is accelerated, and its contents are more rapidly removed.

The strong, harsh, saline waters produce watery alvine ejections, and if long continued an irritation and even inflammation of the intestinal canal. This is a point to be borne in mind, and it should not be overlooked in prescribing this class of waters. Chloride of sodium waters above a medium strength are irritating to certain constitutions, and capable of exciting gastric catarrh.

In many diseases there exists a state of the intestinal canal, giving rise to the retention of its contents, which is not to be obviated by the occasional administration of an ordinary cathartic. In such cases the drinking of a large quantity of carbonized mineral water leads to a sort of general flushing out of the sewers of the system, and promoting those changes of the tissues of the body so necessary to healthy nutrition. It helps us to get rid of the old, the worn out, or half worn parts of us,

* Disraeli's *Curiosities of Literature*.

and it helps us to build up a new and better man. Frequent and copious dejections are not desirable, as this would eliminate the greater portion of the salts, and thereby frustrate their absorption; one or two free daily evacuations are sufficient for patients under treatment. However, it seems to be the general opinion of mineral water drinkers that a cure can only be effected by much purging. It is always well to remind patients that the advantages of having recourse to these waters is often felt more after than during active treatment.

The saline cathartic waters of Saratoga have proved of great value, and are therapeutically indicated when it is found necessary to increase the activity of the stomach and intestines, to improve digestion and assimilation, and to promote absorption. They are therefore applicable in a long list of maladies arising from congestion or obstruction in the abdominal organs.

In constipation, and hemorrhoids occurring as a result of constipation, these waters have achieved some of their greatest results.

In abdominal plethora they afford prompt and grateful relief. With students and professional men of sedentary habits their action is peculiarly happy, relieving a variety of nervous phenomena, promoting sleep and tranquility.

Jaundice, when due to catarrh of the biliary duct or obstruction from biliary calculi, engorged condition of the liver, when not occasioned by organic disease, are especially amenable to their use. In enlarged spleen, produced by intermittent fever, and also in chronic

malarial diseases, these waters may be employed with great confidence in their ultimate success.

These waters have for many years enjoyed an immense reputation in the treatment of scrofula and all affections commonly associated with it, and the best results have undoubtedly often been attained. Dr. Steel says: "Experience has abundantly sanctioned the belief of their utility in this disease, and since iodine was discovered in these waters they are prescribed in these affections with confidence which the importance of this agent is calculated to impress."

Congress water contains much the largest amount of bromide of sodium and also iodide of sodium of any spring in Saratoga, making it a valuable water in the treatment of this class of disease. In chronic eczema, this class of waters has accomplished many cures. Excellent results have followed their use in herpes, acne, and psoriasis.

In chronic congestion of the brain or spinal cord, or their meninges, attended with constipation, the simple cathartic waters are often of immediate benefit. They relieve blood-pressure by draining off the superabundant serum of the blood without sacrificing its more vital elements or exerting any irritating influence. But in these conditions those waters containing any appreciable amount of iron are to be strictly forbidden.

[Chas. C. Cranmer, physician and chemist in practice in Saratoga for several years, and now of New York city and Saratoga, in answer to our inquiry by letter, dated August 26, 1882, as to what, when applied to by Mr. Hathorn, he suggested to him as a substitute for tartaric acid, by letter dated August 28, 1882, answered as follows: "As regards the

ingredient I suggested to Mr. Hathorn to hold in actual and positive solution the amorphous iron in his spring water, the drug was *acid citric* (vulgate citric acid) as this article will make a citrate of iron which is perfectly soluble."

Prof. Chandler, writing on the composition of Congress water, says: "As a cathartic water *its almost entire freedom from iron* should recommend it above all others, many of which contain so much of this ingredient as to seriously impair their usefulness."]

When it is desirable to act freely on the bowels, when constipation is obstinate and habitual, or there is fullness of blood, and depletion is needful, much time may be saved by beginning treatment with a mercurial or saline cathartic, sufficient to move the bowels freely.

The best time of the year to carry out an effective course of mineral water must be decided by circumstances. In the majority of cases they may be advantageously employed at all seasons of the year. The old idea that they were not admissible in the winter has been entirely abandoned.

Many diseases do not admit of delay, and for this purpose the bottled waters are quite as effective as when fresh from the spring. The best time of the day for drinking is in the early morning, when the body is refreshed by rest, the mind tranquil, the stomach empty, and the quantity of fluid in the system being much diminished, the water is more easily absorbed. At least a quarter of an hour should elapse between each glass, and a full half hour between the last glass and breakfast. All persons using mineral waters should dress warmly, the diet should be simple and easy of digestion, and in cases where the digestive organs are seriously implicated, the water should be taken warm and much gentle exercise in the open air should be taken.

Patients are often sent to the springs with positive directions from their physicians to drink so many glasses of a certain spring water per day, whether it agrees with them or not, when in all probability the water may be the most prejudicial to which they could resort. Used in this haphazard manner, it is not strange that many leave the springs not benefited, or in a worse condition than when they arrived.

A more accurate knowledge of the component parts of these waters will do much to prevent the mistakes and injury so often done.

It is a subject of daily observation during the drinking season in Saratoga to see numerous individuals using mineral waters that are not adapted to their case, and to see those to whose cases they are adapted using them so improperly as to entirely prevent the good they would accomplish if properly administered.

In France, Germany and England the advice of a competent physician, who is well acquainted with the nature and peculiarities of the waters, is considered of so much importance that at many of the springs persons are actually forbidden to take the water without such advice.

[The chalybeate or iron springs are of no commercial value in their natural state. The Congress Spring, by force of its intrinsic virtues, established the value of the Saratoga cathartic waters, not only as a healing medium, but as a commercial commodity. Taking advantage of the reputation Congress Spring had given Saratoga and its waters, the iron springs were thrown upon the market, and the undisputed excellence of Congress water was claimed for them. Before the determination to make these springs commercial, there was no attempt to disguise their character; but when money was to be made out of them, without regard to consequences to invalids of their unadvised

use, by cunning manipulation the *iron* is concealed, and every virtue of the Congress Spring was claimed for them. Formerly the visitor to Saratoga knew what spring contained *iron*, and if deleterious its use could be avoided; but now the stranger is tempted to drink that which is shown to be absolutely dangerous in certain cases, and it is not matter of surprise that one ignorant of the facts we have here called attention to should write as did the editor of the *Albany Express* in the issue of that paper of August 23, 1882, as follows: "Most people who visit Saratoga make the mistake of drinking too much mineral water, and, in consequence, have physicians' bills in addition to those of the hotels to pay when they leave."]

No such statement could truthfully be made when the public knew what they were drinking, and there has never a case arisen where the article could apply to the use of Congress Spring water.



MEREDITH CLYMER, M.D.,

**EX-PROFESSOR OF PRACTICE OF MEDICINE IN THE
UNIVERSITY OF NEW YORK, Etc.**

PROF. CLYMER, writing on *Lithæmia* (Acid Dyspepsia), May, 1881, says:

"Of the different natural Alkaline Mineral Waters named no one fulfils as well so many of the required indications in the treatment of this chronic disorder as the water of the Congress Spring, at Saratoga. While other waters containing many of the salts found in this may, sometimes, be used in like cases temporarily without harm, their prolonged use is sure to be attended with unpleasant effects, even in young persons, and those otherwise with sound organs, on account of their *harshness*; but in persons where de-

generative changes already exist in the kidneys and other organs, and in old persons where such changes are constantly present, I have repeatedly known most *disastrous consequences* follow the use of the *stronger* and *harsh* waters, both native and imported, when taken in full doses and for any length of time. In an experience of over forty years with the Congress Spring Water (and which to-day is as perfect in its chemical constitution and in its remedial properties as at any previous time), I have not known a single instance where, when used in suitable cases, any unpleasant effects followed its habitual use at any age. This harmlessness, as well as its efficiency, may, I think, be rightly attributed to the happy proportions in which the various alkaline salts which enter into its composition, and which are so potent for good in this class of disorders, are combined, and which in their treatment make Congress Water *facile princeps* among the natural mineral waters.

"It is not alone as a Cathartic and Laxative that the Congress Spring Water is of great worth in the management of these affections (and as such its action is mild and prompt), but it is when used continuously and in less quantity that we derive so much benefit, without risk to the patient, as an alterative and regulator of the digestive functions."

"Congress Water is sold in green glass bottles only."

BOTTLE "C" MARK.

ALEXANDER B. MOTT, M.D.,

**PROFESSOR OF SURGERY, BELLEVUE HOSPITAL
MEDICAL COLLEGE,
SURGEON TO BELLEVUE HOSPITAL, Etc.,
April, 1881,**

Says : " It gives me pleasure to state that the water from the Congress Spring at Saratoga, which has stood the test of many years, should be classed as the most reliable and valuable on account of its recognized qualities as an efficient cathartic and alterative, *possessing none of the harshness* of some of the other waters from springs in the same region, as well as some of the imported waters, and undergoing no change in the process of bottling, which I have remarked takes place in other mineral waters, ' rendering them irritating to the mucous membrane ; ' and as I have been using it for years in my practice I can certainly recommend it as the best and safest mineral water, not only as a Cathartic and Laxative, but in suitable quantities as an efficient aid to the digestive organs."

THOMAS LEGARE, M.D.,

**FINDS CONGRESS WATER AS A REMEDIAL AGENT IN
HIS PRACTICE, BOTH A LUXURY AND
NECESSITY.**

To the Congress Spring Co., Saratoga Springs, New York.

GENTLEMEN : " It affords me pleasure to give you my personal observations on the use of the Congress

Spring Water. Those of my patients who drink that water regularly state that its value cannot be over-estimated. Medical works teach us that healthy blood contains a large proportion of salines, while impoverished blood proves these to be deficient; salines, therefore, are necessary constituents of the human body. More than half the saline matter of the blood undergoes change, and is partly discharged through the skin, intestinal canal and kidneys. The continuous supply of salines is therefore a necessity, if the body is to remain healthy. Any deficiency of salts in the blood produces various morbid symptoms, and if these are unchecked they entail in time serious consequences. The Congress Spring Water is of special value to ladies, as from its great purifying properties it has good effect in clearing the skin and giving it a healthy, beautiful appearance. In the morning it sharpens the appetite and promotes digestion. For its tonic properties in giving strength to the nervous system, curing sick headache, palpitation of the heart, and dyspepsia, it is of inestimable value. The stomach is cleansed and purified, the nervous and muscular system invigorated and germs of disease thrown off. When taken regularly in the morning before breakfast its effects will relieve abdominal plethora and all functional derangements of the liver. I have prescribed the water in cases of temporary congestion arising from alcoholic beverages, rheumatism and gout, constipation, engorgement of the portal circulation, melancholia, giddiness, sourness of the stomach, urticaria, or nettle-rash, and in cutaneous diseases—in all the

best results have been attained. The value of the Congress Spring Water may be expressed in the following words: Its purpose is to entirely prevent disease, by oxidizing the blood and supplying to it the salines lost or eliminated. It assimilates with the food and the albuminoids, and is the medium through which nature holds, in solution, the lime separated from the blood to strengthen the bones of the body. Elegant, pleasant, safe, thorough, and effective. It is both a luxury and a necessity.

“Yours respectfully,

“THOMAS LEGARE, M.D.,

“45 George St., Charleston, S. C.

“September 18, 1884.”

THE COLUMBIAN SPRING,

Originally tubed about the year 1805, is a chalybeate mineral water, possessing active, diuretic, tonic, and alterative properties, especially valuable in liver complaints, dyspepsia, erysipelas, and all cutaneous disorders. As a tonic water, for frequent daily uses no spring is so popular as the Columbian.

This water has become widely known for its virtues in various affections of the kidneys and bladder, particularly in inflammatory conditions of these organs, and when debilitated by long disease. It also acts as a dissolvent in the distressing disease of gravel in a singular manner, and is a valuable remedy in diabetes, and in numerous diseases known only to the female

sex. Its use is found to strengthen the stomach and to increase the red particles in the blood, which, according to Liebig, perform an important part in respiration. The water of this spring should not be drank in larger quantities than from one-half to one glass at one time—never to exceed the latter amount.

Columbian Water is packed securely in cases of 4 dozen pints, 4 dozen half-pints and 2 dozen quarts, for shipment to all parts of the world.

GENERAL DIRECTIONS FOR USING CONGRESS WATER AT THE SPRING.

For Cathartic purposes, morning is the best time to drink the water, two glasses being usually required, yet with many one is sufficient, while some may require three. The first glass should be *sipped slowly*, after which a moderate walk of ten minutes between the others, and about half an hour should intervene before breakfast.

To persons commencing to use the water, who are much *constipated*, an active cathartic is at first **strongly advised**.

For an alterative, it should be used in smaller quantities during the day, being taken up by the absorbing vessels and diffusing itself through the system; and a glass taken just before retiring acts as a soporific, inducing quiet sleep.

The temperature of the water drank influences its action on the system, as well as its absorption. Cold

water increases the peristaltic action of the stomach and intestines, while the hot water does not produce this effect. For this reason mineral waters are more certain to purge when taken cold than when taken hot.

Mineral water, much cooler than the blood, readily penetrates the absorbents, while, if of nearly the same temperature as the blood, it relaxes the stomach and may produce nausea. Heating the water also throws off the carbonic acid gas, which is a very valuable auxiliary, operating not only as a stimulant to the secretions and peristaltic action of the stomach, but also, after absorption, acts as a general stimulant to the whole system. A cup of hot coffee, tea or chocolate, following the water, before eating, enhances the cathartic effect.

Hot water is served freely at the spring in the morning hours, if desired, or drunk under advice, and we recommend it in cases of delicate stomachs or cold, torpid systems.

Do not mix Congress with other mineral waters.

GENERAL DIRECTIONS FOR USING BOTTLED CONGRESS WATER.

The average amount required for Cathartic effect is one pint in the morning, some thirty minutes before breakfast.

As an alterative, and for chronic or recent constipation, dyspepsia in all its forms, inactive condition of the liver and kidneys, neuralgia, emaciation, clearing the complexion, and all disorders relative to the blood,

and as a regulator of the digestive functions, and a powerful preventive of bilious fevers, use in lesser quantities through the day.

The superior excellence of Congress Water is evidenced in the happy proportions of its several ingredients which combine to make it so efficient, and in the positive and absolute solution in which these pure ingredients are held when BOTTLED, proving its distinct and incomparable character as a Saline Cathartic and Alterative Water, in contrast with those saline *iron* waters that powerful acids fail to keep in entire solution; nor do dark bottles, covered with paper labels, entirely disguise the *iron* precipitate and sediment which is indigestible and irritating to the kidneys and alimentary canal.

Congress Water is put up in clear green glass bottles (and in no other way), as pure, safe and natural as it flows from the cleft rock at its base.

Always keep a case in your cellar. . None genuine sold on draught.

Packed securely in cases of 4 dozen pints and 2 dozen quarts for shipment to all parts of the world.

THE PRINCIPAL CONSTITUENTS

which give character to the Cathartic Springs are bicarbonates of magnesia and soda, and chloride of sodium; to the Tonic waters, bicarbonate of iron; to the Alterative waters, iodide of sodium, chlorides of potassium and sodium, etc.

CARBONIC ACID not only contributes to the solubility of the salts contained in the waters, but renders them more palatable and more agreeable to the stomach.

BICARBONATE OF MAGNESIA is a mild laxative and a good palliative in acid or sour stomach, heartburn, and sick headache, especially if the person is constipated.

BICARBONATE OF SODA first diminishes the secretions and subsequently increases them, the urine being most susceptible to its influence.

BICARBONATE OF IRON increases the number of red corpuscles in the blood, stimulates the appetite, and excites the heart's action. It has a tendency to constipate.

CHLORIDE OF SODIUM forms part of every tissue of the body, except, perhaps, the enamel of the teeth. It increases the solubility of the albumen of the blood, and prevents a too rapid destruction of the red corpuscles. It increases the flow of the gastric juice and bile, promotes the interchange of the fluids in the body, and augments the quantity of urine secreted.

The other important ingredients are bicarbonate of lithia, the iodides and bromides, the bicarbonate of lime, etc. The great problem among physicians is how to cause their medicines to be absorbed when taken into the system. Many of the ingredients of mineral springs would be almost inert in a state of powder, but *when held in solution in mineral water* are admitted to the inner coats of all the blood vessels, and are powerful alteratives of the entire system.

ANALYSIS OF CONGRESS SPRING WATER.

BY PROF. C. F. CHANDLER.

LABORATORY OF THE SCHOOL OF MINES, }
 COLUMBIA COLLEGE, }
 New York, August 17, 1871. }

The sample of CONGRESS SPRING WATER, taken by me from the Spring, contains, in one United States gallon of 231 cubic inches :

Chloride of Sodium.....	400.444	grains.
Chloride of Potassium.....	8.049	"
Bicarbonate of Magnesia.....	121.757	"
Bicarbonate of Lime.....	143.399	"
Bicarbonate of Lithia.....	4.761	"
Bicarbonate of Soda.....	10.775	"
Bicarbonate of Baryta....	0.928	"
Bicarbonate of Iron.....	0.340	"
Bicarbonate of Strontia.....	a trace.	
Bromide of Sodium.....	8.559	"
Iodide of Sodium.....	0.138	"
Sulphate of Potassa.....	0.689	"
Phosphate of Soda.....	0.016	"
Silica	0.840	"
Fluoride of Calcium, }		
Biborate of Soda, }		
Alumina, }		each a trace.
<hr/>		
Total.....	700.895	grains.
Carbonic Acid Gas.....	392.289	cubic inches.

GENTLEMEN: In submitting the above analysis, I take pleasure in saying that a comparison of the same with the analysis made by Dr. JOHN H. STEELE, in 1832, proves that the Congress Water still retains its original strength, and all the virtues which established its well-merited reputation.

Its superior excellence is due to the fact that it contains, in the most desirable proportions, those substances which produce its agreeable flavor and satisfactory medicinal effects—neither holding them in excess nor lacking any constituent to be desired in this class of waters.

As a Cathartic water, its almost entire freedom from iron should recommend it above all others, many of which contain so much of this ingredient as to seriously impair their usefulness.

Respectfully, your obedient servant,

C. F. CHANDLER, Ph.D.,

Prof. of Analytical and Applied Chemistry.

TO THE CONGRESS SPRING Co.,

Saratoga Springs, New York.

"GO TO THE NATURAL SPRINGS," says DR. BOURDON, a celebrated French physician. "NATURE IS FAR BETTER THAN THE LABORATORY. I CANNOT CONDEMN IN TOO STRONG TERMS THE USE OF ARTIFICIAL MINERAL WATERS. THEY NEVER REPLACE THOSE OF THE NATURAL SPRINGS."

"Congress Water is sold in green glass bottles only."

BOTTLE "C" MARK.

ANALYSIS OF COLUMBIAN WATER.

BY PROF. E. EMMONS.

The specific gravity of this water is 1007·3 ; its solid and gaseous contents as follows :

Chloride of Sodium.....	267·00 grains.
Bicarbonate of Soda.....	15·40 "
Bicarbonate of Magnesia.....	46·71 "
Hydriodate of Soda.....	2·56 "
Carbonate of Lime.....	68·00 "
Carbonate of Iron.....	5·58 "
Silex.....	2·05 "
Hydrobromate of Potash.....	scarcely a trace.

Solid contents in a gallon.....407·30 grains.

Carbonic Acid Gas.....272·06 inches.

Atmospheric Air..... 4·50 "

276·56 inches.

ADMISSION TO THE PARK is regulated by tickets, for which a merely nominal charge is made.

CAUTION.—Every genuine bottle of CONGRESS WATER has the name of the proprietors and the letter **C** prominently raised upon the glass.

NONE GENUINE SOLD ON DRAUGHT.

THE WATERS

Of the Springs described in the foregoing
pages are

—SOLD BY—

All the Principal Druggists, Hotels,
Grocers and Wine Merchants.

Price-Lists furnished.

Orders promptly attended to.

ADDRESS

CONGRESS SPRING CO.,

SARATOGA SPRINGS, N. Y.



The Congress

1885

Spring Water.



JANUARY.

S	4	11	18	25
M	5	12	19	26
T	6	13	20	27
W	7	14	21	28
T	1	8	15	22
F	2	9	16	23
S	3	10	17	24

FEBRUARY.

S	1	8	15	22
M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28

MARCH.

S	1	8	15	22
M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28

APRIL.

S	5	12	19	26
M	6	13	20	27
T	7	14	21	28
W	1	8	15	22
T	2	9	16	23
F	3	10	17	24
S	4	11	18	25

MAY.

S	3	10	17	24
M	4	11	18	25
T	5	12	19	26
W	6	13	20	27
T	7	14	21	28
F	1	8	15	22
S	2	9	16	23

JUNE.

S	7	14	21	28
M	1	8	15	22
T	2	9	16	23
W	3	10	17	24
T	4	11	18	25
F	5	12	19	26
S	6	13	20	27

JULY.

S	5	12	19	26
M	6	13	20	27
T	7	14	21	28
W	1	8	15	22
T	2	9	16	23
F	3	10	17	24
S	4	11	18	25

AUGUST

S	2	9	16	23
M	3	10	17	24
T	4	11	18	25
W	5	12	19	26
T	6	13	20	27
F	7	14	21	28
S	1	8	15	22

SEPTEMBER.

S	6	13	20	27
M	7	14	21	28
T	1	8	15	22
W	2	9	16	23
T	3	10	17	24
F	4	11	18	25
S	5	12	19	26

OCTOBER.

S	4	11	18	25
M	5	12	19	26
T	6	13	20	27
W	7	14	21	28
T	1	8	15	22
F	2	9	16	23
S	3	10	17	24

NOVEMBER.

S	1	8	15	22
M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28

DECEMBER.

S	6	13	20	27
M	7	14	21	28
T	1	8	15	22
W	2	9	16	23
T	3	10	17	24
F	4	11	18	25
S	5	12	19	26

